

# Apple Salad II

**Makes:** 6 Servings

## Ingredients

**1 cup** diced apple  
**1 teaspoon** lemon juice  
**1/2 cup** diced celery  
**1/2 cup** grated carrot  
**1/2 cup** raisins  
**1/2 cup** yogurt, low-fat vanilla (can use 1/2 to 3/4 cup)

## Directions

- 1) Wash apples, celery, and carrots before dicing/grating.
- 2) Toss apples with lemon juice.
- 3) Add celery, carrot, and raisins.
- 4) Fold yogurt into apple mixture.
- 5) Cover. Chill for at least 1 hour before serving.
- 6) Refrigerate leftovers.

## Notes

Nutrition analysis was done using 1/2 cup low-fat vanilla yogurt.